

Yom Zeh M'chubad

This day is honoured from among all days,
For on it rested He who fashioned the universe.

For six days you may do the work,
But the seventh day is your God's.
On the Sabbath, do no work,
For He completed all in six days

This day is honoured...

It is the first of the holy convocations,
A day of rest, the holy Sabbath day.
Therefore let every man recite Kiddush with his wine,
And over two complete loaves let him break bread.

This day is honoured...

Eat rich foods, drink sweet drinks,
For God will give to all who cleave to Him
Clothes to wear and allotted bread,
Meat and fish and all the delicacies.

This day is honoured...